

Cincinnati Recreation Commission
Division of Therapeutic Recreation

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getinvolved.

getincluded.

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www.cincyrec.org

FALL & WINTER PROGRAM GUIDE

Program & Registration Information for: **September 2012 - March 2013**
Also available on-line at www.cincyrec.org/TR

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Therapeutic Recreation

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Phone 513.352.4028 • Fax 513.352.4637

www.cincyrec.org/TR

TR Fall & Winter Program Guide 2012-2013

Dear Participants and Families,

I am excited to offer you our newest edition of the CRC Therapeutic Recreation Program Guide for Fall & Winter 2012-2013! In December of 2011, the Division of Therapeutic Recreation moved to the LeBlond Recreation Center. Throughout this year, we have expanded TR programs at LeBlond and will continue, as always, to offer TR programs at a variety of CRC Recreation Centers. Remember that all of our CRC Recreation Centers offer inclusive programming as well as specialized therapeutic recreation programs. The choice of how and when to participate is entirely up to you!

So as the weather changes and the leaves begin to fall, think of all of those opportunities for fun that CRC's Division of Therapeutic Recreation has to offer! Please feel free to contact me with your suggestions and comments regarding current programming and/or future programs.

Regards,

Alayne M. Kazin, CTRS

Alayne M. Kazin
Service Area Coordinator
Division of Therapeutic Recreation
513.352.4945

GET ACQUAINTED! With our Full-Time Staff!



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Cincinnati Recreation Commission

Division of Therapeutic Recreation

The Cincinnati Recreation Commission's Division of Therapeutic Recreation offers a continuum of leisure services for individuals with disabilities that promote a healthy lifestyle as well as the opportunity to participate in high-quality recreational and cultural experiences in the community. As advocates for individuals with disabilities we provide inclusive and therapeutic recreation programming choices and promote accessibility at all CRC facilities. Many of our full-time CRC Therapeutic Recreation Program Staff are Certified Therapeutic Recreation Specialists (CTRS).

Inclusion Support Services

We provide a consultative approach to supporting individuals with disabilities in all CRC programs and facilities. Our goal is to provide opportunities for inclusion that reduce the physical, programmatic and attitudinal barriers. In addition to providing support to CRC facilities, we act as a resource to our community in areas such as advocacy, disability awareness and disability training.

Therapeutic Recreation Services

We implement goal-oriented programs for individuals with disabilities which promote a healthy lifestyle as well as providing exposure to cultural experiences in the community. Our programs encourage the development of physical, social, emotional and cognitive skills to enhance the quality of life, while preparing each person for leisure involvement in their community through the delivery of:

- Programs for persons with cognitive impairments
- Programs for persons with physical impairments

What is a CTRS?

A Certified Therapeutic Recreation Specialist (CTRS) has acquired a body of knowledge including theory, philosophy and practice that spans a wide range of disabling conditions and illnesses. When that knowledge is applied, the CTRS addresses the total person and the associative life factors that may apply to their specific disability or illness.

Professional recognition is granted by NCTRC to individuals who apply and meet established specific standards for certification which include education, experience, and continuing professional development. The CTRS certification is granted after those specific qualifications have been met and the candidate has successfully completed the national computerized certification exam.

Our Programs

The programs identified in this guide are designed to meet the needs and interests of individuals with mental, physical, learning and emotional disabilities. While some programs can accommodate participants of varying levels of ability, other programs have specific skill requirements due to the nature of the activities. Specific skill requirements, if necessary, are included in the program descriptions. If you have questions about a program or level of assistance provided, please contact any of the TR Staff listed on page 2.



Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call in advance if you require special accommodations.



Inclusion & Accommodations

Individuals with disabilities are not limited to therapeutic recreation services. If you are looking to add a little flavor to your leisure lifestyle . . . try your hand at Inclusion! In addition to our therapeutic recreation programs, individuals with disabilities are welcome to participate in any Cincinnati Recreation Commission program through our Inclusion Services. The TR staff will assist you in identifying programs, registering and requesting accommodations.

What is Inclusion?

Inclusion is individuals with and without disabilities participating in recreational activities together.

Inclusion Support Services

The TR Division's "Inclusion Team" was created to assist CRC's recreation center staff with accommodations, education, and materials to aid them in including individuals with disabilities in their programs and activities.

Types of Accommodations

- Changes in Rules and/or Policies
- Assistance with ADLs (activities for daily living)
- Architectural Changes
- Adaptive Equipment
- Increased Supervision
- Behavior Supports
- Training for Staff
- Boardmaker Tools for Communication



How to Request an Accommodation

If you feel an accommodation would be beneficial or necessary, please request an Accommodation and Assessment Form at the time of registration at the recreation center. This document is used to formally request additional assistance you may require.

Inclusive Programs for 50 +

The Therapeutic Recreation Division is working with the Senior Division to include individuals with disabilities and/or arthritis into all CRC programs. CRC's Senior Division provides services for individuals who are 50 or older. If you are interested in participating in these programs, the Therapeutic Division staff will work with the Senior Division staff to provide the accommodations needed for you to successfully participate. The Senior Division offers an array of programming—Senior Olympics, line dancing, art classes and outings. Programs are available at 16 recreation centers across the city—typically providing services during the daytime hours. These programs are developed for seniors without disabilities; therefore, there is a level of independence needed to participate. Accommodations could include changes in rules or policies, assistance with ADLs (activities for daily living), adaptive equipment, and increased supervision and training for staff. We hope you will consider participating in some of these great programs!

Please call Whitney at (513)352-4971 if you have any questions about our Inclusion Services!

Accommodations Get The Job Done!

Support & Scholarship Information

Support Our Services!

The Division of Therapeutic Recreation provides several opportunities for you to show your support for the services we provide to the community! Without the support of our constituents, our programs and services are limited. If you are committed to pledging your support to the programs and services provided by the Division of Therapeutic Recreation, we ask that you explore one of the opportunities listed below . . .

Sponsorship

TR implements many programs for a variety of populations (ages and disabilities). We offer several special events throughout the year that businesses, corporations and organizations could choose to provide sponsorship for. As a potential sponsor, you could receive additional recognition for the funding provided for a special event.

Donations

Financial or in-kind donations are always welcome! Contributions made to the Cincinnati Recreation Commission Foundation are tax deductible to the fullest extent of the law. The CRC Foundation is a 501c3 non-profit organization whose purpose is to aid and improve the quality of life for Cincinnati citizens. These tax-deductible donations give the Foundation an opportunity to supplement current services and to provide an immediate impact to the City of Cincinnati. By donating to the Cincinnati Recreation Commission Foundation, you are able to identify what you would like the funds to be spent on. If you are interested in making a monetary donation to the Division of Therapeutic Recreation, please make checks payable to the Cincinnati Recreation Commission Foundation. Checks should be mailed to 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202. Please specify you are making a donation to the Division of Therapeutic Recreation. For more information, please call Alayne at (513)352-4945.

Volunteer

The Division of Therapeutic Recreation needs volunteers to assist our staff with programming! There are many opportunities to volunteer! Whether it's an ongoing program or a special event, we are always in need of assistance to provide individualized attention to those we serve. Volunteers must be at least 14 years of age. If you would like more information on volunteer opportunities and/or a volunteer application, please call Teresa at (513)352-4962.

Scholarship Fund

The Division of Therapeutic Recreation is proud to announce the creation of a scholarship fund to assist participants who may need financial assistance with program registration fees for the TR programs that we offer (with the exception of our TR, E.N.E.R.G.Y., and Inclusion Day Camp Programs). Please request a scholarship application form by calling the office at (513)352-4028. If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945.

Thank You To Our Sponsors!

In these days of budget crunching, we want to take the time to send sincere thanks out to those individuals and organizations that provide sponsorship and funding to the Division of Therapeutic Recreation. Many of our current programs could not be implemented without the financial assistance of the following individuals and/or organizations:

Billy Casper Golf
Bridgetown Baseball Association
Cincinnati Recreation Commission Foundation
Cincy Swish
D.A.G. Construction
Fantasy Baseball Camps
Great American Insurance
Hamilton County Special Olympics
Miracle League of Greater Cincinnati & Northern KY
Olympic Opportunity Fund
RHC/CITE Services
Rotary Club of Cincinnati
Spina Bifida Association

Boiman & Meyers
Character & Courage Foundation
Cincinnati Reds Community Fund
City of Cincinnati
Elder High School
Gatorade
Greater Cincinnati Health Foundation
Kid Glove
NRPA
Push America
Robert W. Baird & Co.
Shining Light Foundation
US Paralympics

Adapted Aquatics & Instructional Swim Programs

Our year-round warm water swimming pools are located at the Mt. Auburn Recreation Center and the U.C. Keating Aquatic Center. Our Mt. Auburn facility is accessible, with accessible parking, showers, toilet stalls, and an assisted dressing room. Several water entries and exits are available, including a pool chair lift and “easy ladder” with hand railings. The water temperature is maintained at a comfortable 87 degrees in the winter, and 86 degrees in the summer. The Keating Aquatic Center Pool at the U.C. Campus Recreation Center is an Olympic sized pool that is equipped with a chair lift, a moveable bulkhead and fixed blocks for diving and backstrokes. The water temperature for this pool is kept at a cooler 82 degrees, which is conducive for lap swimming.

Adapted Aquatics Learn to Swim Program



Our Adapted Aquatics Program is coordinated by Kristen Clatos, CTRS, CDSS. Kristen has been an adapted aquatics instructor, swim coach, and a competitive swimmer for over 20 years. She and a core team of qualified and experienced instructors are committed to creating positive aquatic experiences for all ages and ability levels.

Our individualized Adapted Aquatics Program is designed to include all ability levels by incorporating the Red Cross Swim Progression and the TR Sequential Swim Progression for individuals with physical, neurological, developmental, and cognitive impairments. Participants, ages three and older, are taught learn to swim skills, water safety and independence. Children and adults can be successfully included in traditional swim programs if they are introduced to the water with positive experiences, dedicated staff, and structured lessons allowing for maximum attention. When enrolled in our Adapted Aquatics Program, swimmers learn American Red Cross Aquatics Levels I, II, and III swim skills—while the ultimate goals include:

- Participation in traditional, inclusive swim lesson programs
- Competitive/Non-Competitive participation on the TR Sharks Swim Team or other swim team in the community
- Safe, independent play in the water

Each swimmer receives individualized, progressive strategies and teaching methods that make learning achievable, sensory integrative, and fun for all. We will take specific learning types and considerations in mind while structuring lessons, and will provide visual, auditory, and sensory stimulation based on the needs of the individual. Lessons are offered on Tuesdays, Thursdays, and Saturdays.

Families unable to pay for all five swim sessions up front may ask to be placed on our payment plan. In order to reserve a spot(s), participants must pay \$25 for each session they wish to attend. **Full payment for each session must be received one week before each session begins.** Failure to meet this requirement will result in the participant losing their spot to another participant on the waiting list. The \$25 reservation fee will not be refunded if we are unable to fill that spot. We are more than willing to work with families in these tough economic times, but we also want to ensure that new swimmers are able to register for our programs as well.

Payment will not be accepted at the program site. Please visit us, call us with your credit card payment, or mail your payments and program registration forms to CRC's Main Office:

Cincinnati Recreation Commission
Division of Therapeutic Recreation
805 Central Avenue, Suite 800
Cincinnati, OH 45202

Please indicate your preferred day, time and code on the Program Registration Form.

Maximum of six participants per lesson time--will be increased to eight if all class times in a day are filled.

Swimming improves your health and fitness . . . and it's fun, too!!!

Fall Session

Ages: 3 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATF12
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHF12
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASF12
Begin/End: October 30 – December 8
Cancellations: November 20, 22 and 24
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

Winter Session I

Ages: 3 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATW113
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHW113
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASW113
Begin/End: January 8 – February 9
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

Winter Session II

Ages: 3 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATW213
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHW213
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASW213
Begin/End: February 19 – March 30
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

Spring Session

Ages: 3 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATS13
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHS13
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASS13
Begin/End: April 9 – May 18
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055

Summer Session

Ages: 3 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATSU13
Thursdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: ATHSU13
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 – 12:10 pm
12:15 – 12:55 pm
Code: AASSU13
Begin/End: June 25 – August 10
Cancellations: July 2, 4 and 6
Location: Mt. Auburn Pool
Fee: \$100
Contact Person: Kristen (513)352-4055



TR Sharks Inclusive Swim Team

This program is for advanced swimmers, ages six and older, that are typically developing, or that have cognitive and/or physical disabilities. Swimmers must be able to swim the length of the pool on front and back, and work in small groups of three – five. Each swimmer will be evaluated on the first night of practice, and if they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program. Our Swim Team Program will offer participants lap swimming and stroke refinement. All participants will be encouraged to practice for the Special Olympics, Paralympics, and USA Swim Meets! This fun program is a great opportunity for swimmers to continue to perfect their skills and to improve their fitness!

Parking passes will be available to purchase for each session. Passes may be purchased at the UC Recreation Center Front Desk for \$20 per month. Please call (513)556-0382 with any questions regarding parking at the University of Cincinnati.

Fall Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: September 4 – October 25
Cancellations: September 6
Time: 7:00 – 8:30 pm
Location: UC Keating Aquatic Center
Code: STF12
Fee: \$150 • *Participation in swim meets may require an additional fee.*
Contact Person: Kristen (513)352-4055

Fall-Winter Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: November 6 – December 20
Cancellations: November 20 and 22
Time: 7:00 – 8:30 pm
Location: UC Keating Aquatic Center
Code: STFW12
Fee: \$150 • *Participation in swim meets may require an additional fee.*
Contact Person: Kristen (513)352-4055

Winter-Spring Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: January 8 – March 7
Cancellations: None
Time: 7:00 – 8:30 pm
Location: UC Keating Aquatic Center
Code: STWS13
Fee: \$150 • *Participation in swim meets may require an additional fee.*
Contact Person: Kristen (513)352-4055

Spring Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: March 19 – May 17
Cancellations: None
Time: 7:00 – 8:30 pm
Location: UC Keating Aquatic Center
Code: STS13
Fee: \$150 • *Participation in swim meets may require an additional fee.*
Contact Person: Kristen (513)352-4055



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Preschool Adapted Aquatics

This class focuses on safety, strength, flexibility, and gross motor skills for children with developmental delays and disabilities **(and is also available for typical developing siblings/peers)**. The program is designed to introduce pre-school aged children, ages three to five, to the water, basic safety skills, and begin to learn to swim programs. **Parents and/or adult attendants can be taught to safely work with their children in the water during the six week course, but are not required to stay and be involved with their child during class.** Individual instructors will take into consideration individual needs of the child including sensory, auditory, spatial, and motor concerns. Positive aquatic experiences early in life prepare children for lifelong, fun-filled aquatic adventures! Please Note: Our Preschool Adapted Aquatics Program has a shorter lesson time than our original Adapted Aquatics Program.

Fall Session

Ages: 3 – 5
Day: Saturdays
Begin/End: November 3 – December 8
Cancellations: None
Time: 9:00 – 9:45 am
Location: Mt. Auburn Pool
Code: PSFAA12
Min./Max.#: 4/6 participants
Fee: \$75
Contact Person: Kristen (513)352-4055

Winter 1 Session

Ages: 3 – 5
Day: Saturdays
Begin/End: January 12 – February 9
Cancellations: None
Time: 9:00 – 9:45 am
Location: Mt. Auburn Pool
Code: PSW1A13
Min./Max.#: 4/6 participants
Fee: \$75
Contact Person: Kristen (513)352-4055

Winter 2 Session

Ages: 3 – 5
Day: Saturdays
Begin/End: February 23 – March 30
Cancellations: None
Time: 9:00 – 9:45 am
Location: Mt. Auburn Pool
Code: PSW2A13
Min./Max.#: 4/6 participants
Fee: \$75
Contact Person: Kristen (513)352-4055

Spring Session

Ages: 3 – 5
Day: Saturdays
Begin/End: April 13 – May 18
Cancellations: None
Time: 9:00 – 9:45 am
Location: Mt. Auburn Pool
Code: PSSAA13
Min./Max.#: 4/6 participants
Fee: \$75
Contact Person: Kristen (513)352-4055

Disability Water Safety and Family Swim

Our Water Safety Days provide parents, grandparents, support staff, etc., an opportunity to learn how to keep children safe in an aquatic environment, and how to safeguard homes and pools. These events include information about the Adapted Aquatics Learn to Swim Programs. Demonstrations will take place throughout the event focusing on basic water rescue, CPR/First Aid, and water safety techniques. This is also a great time to swim as a family in our warm water therapy pool at Mt. Auburn Center, and ask our trained Adapted Aquatics Instructors questions on facilitating learn to swim skills in a fun environment. **All events offered are FREE!**

Spina Bifida Event:

Saturday, January 19, 2013 from 1:45 – 3:15 pm

Cerebral Palsy Event:

Saturday, February 16, 2013 from 1:45 – 3:15 pm

Down Syndrome Event:

Saturday, March 16, 2013 from 1:45 – 3:15 pm

All Disabilities Open Event:

Saturday, April 20, 2013 from 1:45 – 3:15 pm

Autism Event:

Saturday, May 11, 2013 from 1:45 – 3:15 pm

Splash and Dash Inclusive Land and Water Playgroup

For ages five through ten, this program will consist of 40 minutes of land programming and 40 minutes of aquatic programming! The land component will focus on strength, endurance, and stretching as well as fine and gross motor skills. Participants will engage in a variety of land-based activities that include scooter boards, parachutes, dance, yoga, movement exploration, art, music and more. The aquatic component will focus on basic water safety skills as well as developing the fundamentals of swimming. Children and their parents will discover ways for children with and without disabilities to be active and to use their motor skills to promote health, fitness, and social interaction for a lifetime. Children will participate in developmentally appropriate play activities designed to foster physical, cognitive, and social development.

Program activities will be designed by a Recreation Therapist and adapted to allow for all children to experience success both in the water and in the gym. The small group settings provide opportunities for socialization and functional play. Children who require one-on-one physical support will be paired with a volunteer upon request (please state this need on the registration form).

Spring Session

Ages: 5 – 10
Day: Thursdays
Begin/End: Spring 2013 • Dates to be Announced
Cancellations: None
Time: 5:15 – 6:45 pm
5:15 – 5:55 pm in the water + 6:05 – 6:45 pm on land
Location: Mt. Auburn Pool and Recreation Center
Code: SDS13
Fee: \$150
Contact Person: Kristen (513)352-4055



Arthritis Aquatics

The Arthritis Aquatics Program is designed by the National Arthritis Foundation to allow individuals with arthritis to exercise in a supportive, low resistance environment. Water is a safe, ideal environment for relieving arthritis pain and stiffness. Arthritis Aquatics allows you to exercise without putting excess strain on your joints and muscles. We provide a friendly and supportive atmosphere in which you can make new friends and try new activities. This social interaction can help decrease feelings of depression and isolation. Progress in the aquatic activities can lead to independence and improved self-esteem. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility.

Please consult your physician prior to registration. People with severe or multiple joint problems or those who have had joint surgery are encouraged to talk with their doctors regarding any special precautions or limitations.

Guidelines to Participate

- Have functional and comfortable shoulder and elbow motion.
- Able to tolerate 5 minutes of movement in the water, or 15 minutes standing or walking on land without excessive pain, fatigue, or shortness of breath.
- Require no more than minimal assistance to enter or exit the pool.
- Feel comfortable and confident in the water.

Fall Session

Ages: 18 & Older
Days/Times: Mondays: 5:30 – 6:30 pm
Tuesdays: 3:00 – 4:00 pm
Wednesdays: 4:30 – 5:30 pm
Fridays: 1:00 – 2:00 pm
Begin/End: October 29 – December 21
Cancellations: November 19, 20, 21, 23
Location: Mt. Auburn Pool
Code: ARF12
Fee: \$40 (10 classes)
\$72 (20 classes)
Contact Person: Kristen (513)352-4055

Winter Session

Ages: 18 & Older
Days/Times: Mondays: 5:30 – 6:30 pm
Tuesdays: 3:00 – 4:00 pm
Wednesdays: 4:30 – 5:30 pm
Fridays: 1:00 – 2:00 pm
Begin/End: January 7 – March 15
Cancellations: None
Location: Mt. Auburn Pool
Code: ARW13
Fee: \$40 (10 classes)
\$72 (20 classes)
Contact Person: Kristen (513)352-4055

Spring Session

Ages: 18 & Older
Days/Times: Mondays: 5:30 – 6:30 pm
Tuesdays: 3:00 – 4:00 pm
Wednesdays: 4:30 – 5:30 pm
Fridays: 1:00 – 2:00 pm
Begin/End: March 25 – May 24
Cancellations: None
Location: Mt. Auburn Pool
Code: ARS13
Fee: \$40 (10 classes)
\$72 (20 classes)
Contact Person: Kristen (513)352-4055



Arthritis Aquatics Instructors

Mondays: Aprilann Pandora
Tuesdays: Chris Moran
Wednesdays: Aprilann Pandora
Fridays: Chris Moran

Inclusive Opportunities for Children

Sensory Motor Gym

Sensory integration is the ability to take in information through senses (touch, movement, smell, taste, vision and hearing), to put it together with prior information, memories, and knowledge stored in the brain, and to make a meaningful response. The more experiences we have in the world around us, the more prepared we are for tomorrow. All children can benefit from sensory motor based play regardless of ability, as it is vital to proper development. Sensory Motor Gym is supervised by a Recreation Therapist with a variety of self-directed and therapist-directed play. Areas for fine motor, sensory, and gross motor play will be provided. Feel free to check out our fitness room and other programs around our Center while your child is enjoying therapeutic play, or, join us for Mommy/Daddy/Grandma/Grandpa/etc., and ME fun in the Sensory Motor Gym. **Must register in advance.**

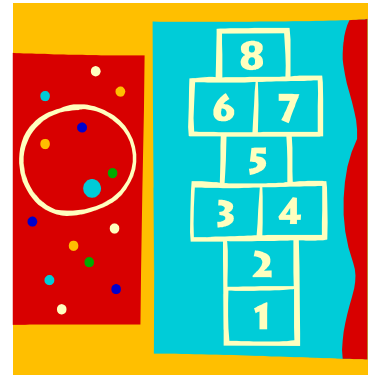


Ages: 2 – 5
Day: Thursdays
Begin/End: October 4 – December 6
Time: 10:30 – 11:30 am
Location: LeBlond Center
Code: SMGF12
Fee: \$50 (for 10 sessions) or \$10 per day
Must also have a Center Membership • \$10
Contact Person: Kristen (513)352-4055

Fun Fridays

Come join our club! Every Friday we will have a blast playing games, creating arts and crafts, and discovering all sorts of other activities. Children will be introduced to a classroom atmosphere that encourages social skills and development. **Must register in advance.**

Ages: 3 – 5
Day: Fridays
Sessions:
1. September 7 – 28
2. October 5 – 26
3. November 2 – 30 (**no class November 23**)
4. January 11 – February 1
5. February 8 – March 1
6. March 8 – 29
Time: 10:00 am – Noon
Location: LeBlond Center
Code: FFF12
Fee: \$20 per session – **Must also have a Center Membership • \$10**
Contact Person: Katie (513)352-4056



Wacky Wednesdays

Join us for Wacky Wednesdays where we will create some fun arts and crafts projects, play games, and read stories! **Must register in advance.**



Ages: 3 – 5
Day: Wednesdays
Sessions:
1. January 9 – February 13
2. February 20 – March 27
Time: 10:00 am – Noon
Location: LeBlond Center
Code: WWW13
Fee: \$30 per session – **Must also have a Center Membership • \$10**
Contact Person: Katie (513)352-4056

Girls on the Run!

Girls on the Run of Greater Cincinnati inspires pre-teen girls to be healthy and confident using a fun curriculum that creatively integrates running. Our goal is to help girls understand the power of their potential by setting a goal and working hard to achieve it. We use exercise, positive reinforcement, and encouraging role models to provide girls with the confidence they need in those critical pre-teen years. Each 75 minute lesson combines running and walking games with various life skills, including lessons on healthy eating, body image, setting goals, cooperation and other age-appropriate topics.

Ages: Third – Fifth Grade Students
Days: Practice days on Tuesdays and Thursdays
Time: 4:00 – 5:30 pm
Location: LeBlond Recreation Center
Code: GOTR12
Fee: Most programs are offered on a sliding scale fee from \$10 - \$150 based on the income of the family.
Must also have a Center Membership • \$10
Our Center Memberships are good for one calendar year and may be used at all CRC Centers!
Registration Deadline: Friday, August 31
Contact Person: Katie (513)352-4056



The program begins the September 11 and ends on November 17. The finishing GOTR 5k will be held on November 17, 2012 at Sawyer Point Park, located at 815 E. Pete Rose Way, Cincinnati, OH 45202.

Ultimate Frisbee Leagues

Our Ultimate Frisbee Leagues will teach the participants the fundamental skills and rules of the game. Because the guidelines of this sport are designed to help ensure that emphasis is on team play, the participants will experience and appreciate the values of fair play, sportsmanship, and teamwork.

This program is FREE with the purchase of a Center Membership (\$10).
Our Center Memberships are good for one calendar year, and may be used at all CRC Centers!

Ultimate Frisbee League • Outdoor

Ages: 8 – 12
Day: Mondays
Begin/End: September 17 – October 29
Time: 3:30 – 5:15 pm
Location: LeBlond Center
Code: UF112
Contact Person: Katie (513)352-4056

Ultimate Frisbee League • Indoor

Ages: 8 – 12
Day: Mondays
Begin/End: November 5 – December 17
Time: 3:30 – 5:15 pm
Location: LeBlond Center
Code: UF212
Contact Person: Katie (513)352-4056



Therapeutic Recreation Adapted Sports

Our Purpose

To provide recreational programs for person's with **physical disabilities** that allow the participant to have opportunities to learn new leisure activities, challenge themselves, make new friends, and build their self-confidence—overall, enhancing their quality of life.

Our Programs

Our activities include . . . **Football, Basketball, Golf, Bowling, Tennis, Strength Training, Handcycling, Goalball, Boccia Ball, and Adapted and Arthritis Aquatics.**

Our Staff

The Therapeutic Recreation leadership team has over fifty years of experience working with people with disabilities in a variety of settings. Most of our leaders have their degree in Therapeutic Recreation and hold a certification in Therapeutic Recreation—which requires a continuing education to maintain. They are professional, fun to be around, and most importantly, hold the safety of all CRC-TR participants in the highest regard.

Our Participants

The team prides themselves in being able to meet the needs of most individuals. Through participant assessments the staff does what they can to meet the needs of anyone wanting to participate in our programs. With a little duct tape and some imagination, they can do amazing things! There will be times however, when circumstances prohibit participation for some individuals. Since you won't know unless you try, come on out and have some fun!

Veterans and Active Duty Service Members with Disabilities! Enjoy **FREE CRC Center Memberships and CRC Fitness Center Memberships** for yourself and a family member or friend compliments of CRC and the Olympic Opportunity Fund! For additional information, please contact Ann-Marie at (513)352-2549, or e-mail her at annmarie.stuart@cincinnati-oh.gov.

To find out more about our current programs, receive the Paralympic Sport Scoop monthly newsletter, or ask any questions, please call Ann-Marie at (513)352-2549. Or—you can always check out our website at

www.cincyrec.org/TR



Therapeutic Recreation Adapted Sports

The programs listed on the following three pages are available for participants with physical disabilities and visual impairments, beginner to advanced skill levels.

Boccia Ball

Boccia is a competitive game that can be played one-on-one, in pairs, or with teams of three. It is played on a specially marked court, usually with a hard surface. The goal of the game is for players/teams to throw/bowl game balls so that they get them as close as possible to a special target ball. Boccia is an official sport of the United States Cerebral Palsy Athletic Association! For additional information on this new program, please contact Adam at (513)352-4629.

	Fall	Winter
Ages:	18 & Older	18 & Older
Day:	Thursdays	Thursdays
Begin/End:	September 6 – December 13	January 10 – March 28
Cancellations:	November 22	None
Time:	10:00 am – Noon	10:00 am – Noon
Location:	LeBlond Center	LeBlond Center
Code:	BB12	BB13
Fee:	*Center Membership • \$25	*Center Membership • \$25
Registration Deadline:	Friday, August 31	Friday, January 4
Contact Person:	Adam (513)352-4629	Adam (513)352-4629

*** Our Center Memberships are good for one calendar year, and may be used at all CRC Centers!**



Veteran's Strength Training Group

A strength training program has been created specifically for our physically disabled Veteran's of the Armed Forces. Come work out at the Corryville Recreation Center and try out their adaptive weight training equipment. This program has an on-site trainer to introduce you to the facility and/or assist you with creating a workout plan.

	Fall	Winter
Ages:	18 & Older	18 & Older
Day:	Thursdays	Thursdays
Begin/End:	September 6 – December 20	January 17 – March 28
Cancellations:	November 22	None
Time:	1:00 – 3:00 pm	1:00 – 3:00 pm
Location:	Corryville Center	Corryville Center
Code:	VAST12	VAST13
Fee:	*Center Membership • \$25	*Center Membership • \$25
Registration Deadline:	Friday, August 31	Friday, January 11
Contact Person:	Adam (513)352-4629	Adam (513)352-4629



*** Our Center Memberships are good for one calendar year, and may be used at all CRC Centers!**

Therapeutic Recreation Adapted Sports

Wheelchair Football – Neighborhood Pick-Up Game

Just about anyone can play this sport—a person who has a physical disability and uses a wheelchair (manual or power), persons with physical disabilities who don't use a wheelchair, and family and/or friends. We have six extra wheelchairs available for anyone to use to make this pick-up game fun and inclusive for all. Each Saturday the rules will be adapted to fit the group that comes to play, allowing everyone to be included. Games are played in the gym at the **LeBlond Center**.

	Fall	Winter
Ages:	8 & Older	8 & Older
Day:	Saturdays	Saturdays
Begin/End:	September 8 – December 15	January 12 – March 30
Cancellations:	November 24	None
Time:	10:30 am – 12:15 pm	10:30 am – 12:15 pm
Location:	LeBlond Center	LeBlond Center
Code:	FWCF12	WWCF13
Fee:	\$25	\$25
Registration Deadline:	Friday, August 31	Friday, January 4
Contact Person:	Adam (513)352-4629	Adam (513)352-4629



Adapted Strength Training Group

Join us at Corryville Recreation Center to get fit! This facility hosts fully accessible weight machines for those individuals with physical disabilities. The program provides an on-site trainer to introduce participants to the equipment, and/or assist with creating a workout plan.



	Fall	Winter
Ages:	16 & Older	16 & Older
Days:	Mondays and Wednesdays	Mondays and Wednesdays
Begin/End:	September 10 – December 12	January 14 – April 3
Cancellations:	October 31, November 21	January 21, February 18
Time:	6:00 – 8:00 pm	6:00 – 8:00 pm
Location:	Corryville Center	Corryville Center
Code:	FAST12	WAST13
Fee:	\$25	\$25
Registration Deadline:	Friday, August 31	Friday, January 4
Contact Person:	Adam (513)352-4629	Adam (513)352-4629

Handcycling

Come out and ride hand cycles with a group of individuals with physical disabilities. Space is limited this fall until our new hand cycles arrive. We will ride around the Lunken Airport Bike Trail, enjoying the scenery and fresh air while actually participating in a Paralympic Sport.

	Fall	Winter
Ages:	18 & Older	18 & Older
Day:	Mondays	Mondays
Begin/End:	September 10 – December 10	March 18 – May 20
Cancellations:	None	None
Time:	10:00 am – Noon	10:00 am – Noon
Location:	Lunken Playfield	Lunken Playfield
Code:	HC12	HC13
Fee:	\$25	\$25
Registration Deadline:	Friday, August 31	Friday, March 8
Contact Person:	Adam (513)352-4629	Adam (513)352-4629



Therapeutic Recreation Adapted Sports

Goalball

Goalball is a competitive sport played three-against-three, indoors on a gym floor—**primarily by blind and visually impaired athletes**. A rubber ball with bells inside is used so that the players may track the ball. The game is played at the local school gym level, all the way up to the Paralympic level—internationally by Team USA. This sport is a new addition to our Paralympic Sport Line-Up. Come out and give this awesome sport a try. For additional information on this new program, please contact Adam.



*“Lack of Sight Does Not
Equal Lack of Talent,
Dreams, or Desires”*

	Fall	Winter
Ages:	8 & Older	8 & Older
Day:	Wednesdays	Wednesdays
Begin/End:	September 19 – December 5	January 16 – March 20
Cancellations:	November 21	None
Time:	6:30 – 8:30 pm	6:30 – 8:30 pm
Location:	LeBlond Center	LeBlond Center
Code:	FGB12	WGB13
Fee:	\$25	\$25
Registration Deadline:	Friday, September 7	Friday, January 11
Contact Person:	Adam (513)352-4629	Adam (513)352-4629

Wheelchair Basketball

Wheelchair Basketball is back in Cincinnati! **Come be a part of the Cincinnati Royals Basketball Team!** Weekly practices begin in the fall for individuals with physical disabilities and independent functioning skills, ages 16 and older. **Motorized chairs will not be allowed in this program.**

	Fall	Winter
Ages:	16 & Older	16 & Older
Day:	Tuesdays	Tuesdays
Begin/End:	September 25 – December 11	January 15 – March 26
Cancellations:	None	None
Time:	6:30 – 8:30 pm	6:30 – 8:30 pm
Location:	LeBlond Center	LeBlond Center
Code:	WCBB12	WCBB13
Fee:	\$25	\$25
Registration Deadline:	Friday, September 14	Friday, January 4
Contact Person:	Adam (513)352-4629	Adam (513)352-4629



Get Fit with CRC!

Therapeutic Recreation Adapted Sports

Power Soccer

Power Soccer is the first competitive team sport designed and developed specifically for **power wheelchair users**. Athlete's disabilities include quadriplegia, multiple sclerosis, muscular dystrophy, cerebral palsy, and many others. The game is played in a gymnasium on a regulation basketball court. Two teams of four players each attack, defend, and spin-kick a 13-inch soccer ball in a challenging game similar to able-bodied soccer.

This year, we are excited to offer two teams/levels. Beginners/Intermediate for those working on maneuverability, rules of the game and developing skills—and Team/Competitive for those who wish to take their skills to the next level and compete against other teams in the region that utilize the USPSA laws of the game.



	Beginners/Intermediate	Team/Competitive
Ages:	6 and Older	6 and Older
Day:	Saturdays	Saturdays
Begin/End:	October 6 – December 1	October 6 – December 1
Cancellations:	November 24	November 24
Time:	2:00 – 3:30 pm	12:30 – 2:00 pm
Location:	LeBlond Recreation Center	LeBlond Recreation Center
Code:	PSB12	PSC12
Fee:	\$30	\$30
Registration	Friday, September 28	Friday, September 28
Deadline:		
Contact Person:	Adam (513)352-4629	Adam (513)352-4629

For more information, please check out www.powersoccerusa.org

Traditional leg rests are needed to accommodate guard, but other modifications may be available. Equipment is provided on site.

Other CRC Adapted Programs include . . .

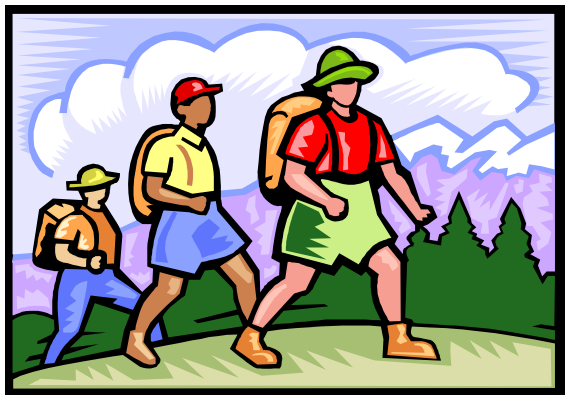
Adapted Aquatics:	<i>see pages 6 thru 7</i>
Arthritis Aquatics:	<i>see page 11</i>
Adapted Bowling:	<i>see page 20</i>

For additional information about our Adapted Sports Programs, please call Adam at (513)352-4629, or e-mail him at adam.ayers@cincinnati-oh.gov

Sports & Fitness

Bike-N-Hike

Come join us for a fun-filled fitness experience! We will rotate between biking around Lunken Airport and hiking at various parks around Cincinnati. Bikes will be provided for use while at Lunken Airport. Come ready for a workout!



Ages:	14 & Older
Day:	Wednesdays
Begin/End:	September 12 – October 17 (Rain Date October 24)
Cancellations:	None
Location:	Lunken Airport and various parks
Drop-Off/Pick-Up:	LeBlond Center
Time:	5:00 – 7:30 pm
Code:	BHF12
Min./Max.#:	3/8 Participants
Fee:	\$35
Registration Deadline:	Monday, September 10
Contact Person:	Teresa (513)352-4962

TR Basketball

Bulls – Lakers

The TR Basketball Program is designed for competitive level athletes with the skills and knowledge to play regulation basketball. Games are scheduled against area Special Olympic teams. The season concludes with regional and state tournaments. Each athlete must have a current Special Olympic medical release in order to participate.

An informational meeting is scheduled for Thursday, October 4, 6:30 pm at the Corryville Recreation Center.

All registration forms and payments are due at this time.

Ages:	16 & Older
Day:	Thursdays
Begin/End:	October 4 – March 28
Cancellations:	October 11, November 22, December 27
Location:	Corryville Center
Time:	6:30 pm – 9:00 pm
Code:	TRB12
Fee:	\$60 – to set up a payment plan, please contact Whitney at (513)352-4971
Registration Deadline:	Thursday, October 4
Contact Person:	Whitney (513)352-4971



New Mandatory Screening Day – Attendance is Required!

Saturday, January 12 – Plan on staying all day!
(January 19 will be the back-up day)

More Details to Follow!

Sports & Fitness

TR Bowling

Participating in our Bowling Program is a wonderful way to improve your health and fitness! Bowlers of all experience levels are encouraged to participate in this inclusive program—family and friends are welcome, too. Come on out to Brentwood Bowl on Saturday afternoons and join in on the fun!

Team Bowling

Team Bowling is designed for the competitive level bowlers who wish to be on a bowling team and participate in a league. Weekly attendance is required to participate on a team. Each athlete will be placed on a team by the league coordinator. Bowlers of all experience levels are encouraged to participate.

Open Bowling

Open Bowling is designed for beginners and/or those who are unable to attend on a weekly basis. Friends and family are encouraged to register and participate in this program.

Adapted Bowling

Adapted Bowling is designed for individuals with physical disabilities. Bowling ramps are available.

Junior Bowling

Junior Bowling is for younger bowlers (ages 6-17), and is designed to give them the chance to experience the fun and excitement of bowling. “Bumper” lanes and ramps are available. Friends and family are encouraged to register and participate in this program. **We do request parent/guardian attendance throughout the program.**

Registration Information for All Bowling Programs

Ages:	6 & Older
Day:	Saturdays
Begin/End:	October 6 – April 13
Cancellations:	November 3 & 24, December 22 & 29
Time:	11:45 am – 2:00 pm
Location:	Brentwood Bowl
Codes:	Adapted Bowling AB13
	Junior Bowling JB13
	Open Bowling OB13
	Team Bowling TB13

Fee: \$60

You will receive a free t-shirt if you register by mail or phone by September 28! Mailed payments must be postmarked before or by September 28. If you register after September 28, you may acquire a t-shirt for a fee of \$10.00.

Contact Person: Teresa (513)352-4962



In addition to the program registration fee, a weekly bowling fee of \$6.00 is required to be paid on site for shoes and 3 games.

Please bring exact change.

Please Note: Due to the number of bowlers, our ability to provide individual assistance is limited. Parent/Guardian/Staff assistance is requested for those unable to bowl independently. Scores and averages will be made available each week.

Check-In/Registration: Please arrive at the bowling alley by 11:30 am—bowling will begin at 11:45 am. Bowlers arriving more than 15 minutes late will not be permitted to bowl 3 games, **as we must be finished bowling by 2:00 pm.** Bowling staff will be available to start collecting payments starting at 10:30 am.

Please Note: Access Riders should be scheduled for pick-up between 2:00 – 2:30 pm. Late pick-ups may be charged a late fee after 2:30 pm.

Sports & Fitness

Game Night!

We are taking our original Exer-Gaming Program to another level! Participants will still be able to engage in activities using our Wii and X-Box gaming systems, but will also be able to play some “old school” table games. Don’t miss out on these fun game nights! Our new program aims to facilitate social interaction, friendly competition, and exercise—while also improving motor skills and hand/eye coordination.

For your convenience, this program will take place at two sites – Dunham Complex and LeBlond Center!

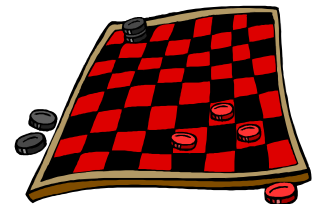
Dunham Complex

	Fall	Winter
Ages:	15 & Older	15 & Older
Day:	Tuesdays	Tuesdays
Begin/End:	October 9 – November 27	January 8 – February 26
Cancellations:	None	None
Time:	6:00 – 8:00 pm	6:00 – 8:00 pm
Location:	Dunham Complex	Dunham Complex
Code:	GND12	GND13
Fee:	\$50	\$50
Registration Deadline:	Friday, October 5	Friday, January 4
Contact Person:	Teresa (513)352-4962	Teresa (513)352-4962



LeBlond Center

	Fall	Winter
Ages:	15 & Older	15 & Older
Day:	Thursdays	Thursdays
Begin/End:	October 11 – December 4	January 10 – February 28
Cancellations:	November 22	None
Time:	6:00 – 8:00 pm	6:00 – 8:00 pm
Location:	LeBlond Center	LeBlond Center
Code:	GNL12	GNL13
Fee:	\$50	\$50
Registration Deadline:	Friday, October 5	Friday, January 4
Contact Person:	Teresa (513)352-4962	Teresa (513)352-4962



Inclusive Activities at the LeBlond Center

Beginner's Yoga

Taught by Natalie Hosfeld RYT, a Certified Interdisciplinary Yoga Instructor, the focus of this beginner's yoga class is to open all joints and the spine, which allows for increased mobility, stability, strength, and circulation. Class begins with easy stretches to warm the body while seated in a chair. For those that are able, we transition to a series of yoga exercises on the floor (on our backs, hands, and knees). Class will conclude with balance postures and relaxation.



Ages:	18 & Older
Day:	Mondays
Begin/End:	Ongoing
Time:	5:00 – 6:00 pm
Location:	LeBlond Center
Code:	BY1213
Fee:	<u>\$10 per class</u> (paid to instructor) You must also have a Center Membership Adults (18-49) • \$25 / Seniors (50+) • \$10
Contact Person:	Katie (513)352-4056

Inclusive Activities at the LeBlond Center

Jewelry Design

Do you enjoy being crafty? Would you like to learn how to make beads, a pair of earrings, or a bracelet? Join us for this fun and creative opportunity to make your own jewels and be dazzling!

This program is FREE with the purchase of a Center Membership

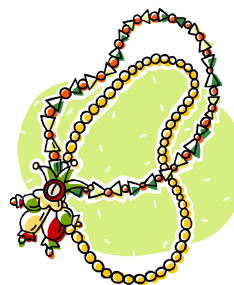
Junior (ages 17 & under) • \$10

Adult (ages 18 – 49) • \$25

Senior (ages 50 & older) • \$10

Our Center Memberships are good for one calendar year, and may be used at all CRC Centers!

Ages:	16 & Older
Day:	Tuesdays
Begin/End:	November 6 - 20
Time:	7:00 – 8:00 pm
Location:	LeBlond Center
Code:	JDF12
Min./Max.#:	4/8 Participants
Registration Deadline:	Friday, October 26
Contact Person:	Alayne (513)352-4945



Social & Leisure Programs

Karaoke Night

The stage is yours! This is our monthly inclusive Musical Entertainment Night for adults, where you join in, and positively applaud and support one another's special talents. If you enjoy music, meeting those old as well as new friends, and expressing your creative self—these monthly Saturday nights are the perfect place to be! High attendance is expected at this program, therefore, minimal supervision will be provided.



Ages:	18 & Older
Day:	Saturdays
Dates:	October 13, November 10, December 8, January 12, February 9, March 9, April 13, *May 11
	*The last night will be our Showcase Night for Family and Friends!
Time:	6:30 – 9:00 pm
Location:	LeBlond Center
Code:	KN1213
Maximum Participants:	25
Fee:	\$40
Registration Deadline:	Friday, October 5
Contact Person:	Teresa (513)352-4962

Social & Leisure Programs

Dances

Come and celebrate the seasons by dancing to the music, socializing with friends, and enjoying a delicious meal! Participants will have the opportunity to improve life skills such as socialization, communication, and how to display appropriate public behavior.

Our dances require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that some dances may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however, it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment. **No one will be permitted to register at the door the day of the dance.**

	Halloween Dance	Winter Holiday Dance	Sweetheart Dance
	Dinner Included	Dinner Included	Dinner Included
Ages:	18 & Older	18 & Older	18 & Older
Date:	Friday, October 19	Friday, December 14	Friday, February– <i>To be Announced</i>
Time:	6:30 – 9:30 pm	6:30 – 9:30 pm	6:30 – 9:30 pm
Location:	Kolping Center	Kolping Center	Kolping Center
Code:	HD12	WHD12	SD13
Fee:	\$25 • Staff/Aide \$19	\$25 • Staff/Aide \$19	\$25 • Staff/Aide \$19
Registration Deadline:	Friday, October 5	Friday, November 30	Friday, February 1
Contact Person:	Kristen (513)352-4055	Adam (513)352-4629	Teresa (513)352-4962

*Come dance
the night away!*



Teen Outings

Come join us to meet old friends and make new friends while going on some fun outings! We have some great things planned for our teens (ages 13-18) on Saturdays this fall and winter. **Check out the listing below and remember to register at least one week before the outing is scheduled.** Our meeting place and drop off place for all outings will be at the LeBlond Recreation Center. For additional information, please contact Ann-Marie at (513)352-2549.

October 20, 2012

Scallywag Tag East – Laser Tag

6:00 – 9:30 pm

\$25 • Code STE12

Min./Max.#: 5/15 teens

November 17, 2012

Karaoke at LeBlond Center

7:00 – 9:30 pm

\$15 • Code KLB12

Min./Max.#: 5/20 teens

December 8, 2012

Festival of Lights (Cincinnati Zoo)

5:00 – 9:30 pm

\$25 • Code FOLT12

Min./Max.#: 5/15 teens

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January 26, 2013

Cyclones Game

6:30 – 10:30 pm

\$25 • Code CGT13

Min./Max.#: 5/15 teens

February 9, 2013

Dinner and a Movie

5:00 – 10:30 pm

\$30 • Code DMT13

Min./Max.#: 5/15 teens

March 9, 2013

Prom at LeBlond Center

7:00 – 9:00 pm

\$25 • Code PROM13

Min./Max.#: 20/60 teens

Outings for Adults

Our outings require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment.

Participants registered for outings must arrive no later than 15 minutes after the scheduled arrival time or there will be a risk of being left behind. All participants must be dropped off and picked up at the proper location. Due to safety reasons, participants will not be allowed to be dropped off or picked up at the actual outing location.

Overnight Camping Trip

Join us for a fun camping experience at Winton Woods Adventure Outpost! Participants will hike, canoe, fish, play games, and prepare meals in the great outdoors. The evening will include a campfire and tasty S'mores! Participants will fall off into a dreamy sleep in cabins under the stars. New leisure skills will be learned and social skills will be practiced.

Please Note: Individuals attending this trip must be able to dress, eat meals, prepare for bed and sleep independently.

Ages:	18 & Older
Dates:	Saturday & Sunday, September 15 & 16
Program Location:	Winton Woods Adventure Outpost
Drop-Off/Pick-Up Location:	Drop-Off is on Saturday at 12:00 pm , at the Winton Woods Adventure Outpost Pick-Up is on Sunday at 12:00 pm , at the Winton Woods Adventure Outpost
<i>Please note the change in drop-off and pick-up times!</i>	
Code:	OCTF12
Min/Max#:	Limited to 10 females and 10 males due to cabin sleeping spaces.
Fee:	\$100
Registration Deadline:	Friday, August 31
Contact Person:	Teresa (513)352-4962



Once registered, additional paperwork will be mailed to each participant. A liability waiver form and a medical form will need to be completed and submitted to our office prior to participation.

Outings for Young Adults (ages 18-29)

Cincinnati Pops Superheroes

Come join us for a night out at the Pops with our favorite Superheroes! Enjoy a flight of iconic themes from Batman, Superman, and Spiderman—as well as music celebrating your favorite villains, such as Darth Vader's The Imperial March. Hold on tight for some new favorites from modern day movie marvels such as Green Lantern, Captain America, X-Men and more!



Ages:	18 – 29
Date:	Friday, October 12
Program Location:	Music Hall
Drop-Off/Pick-Up Location:	LeBlond Center
Time:	7:00 – 11:00 pm
Code:	SUPER12
Min./Max.#:	5/12
Fee:	\$45 • Staff/Aide \$45
	Don't forget to bring spending money!
Registration Deadline:	Friday, September 21
Contact Person:	Teresa (513)352-4962

Let's Go Shopping!

Come join us to get a jumpstart on your Holiday Shopping! We will be going to the Tri-County Mall. The goal of this program is to increase appropriate social skills and develop money management skills.

Ages: 18 – 29
 Date: Wednesday, November 14
 Program Location: Tri-County Mall
 Drop-Off/Pick-Up Location: LeBlond Center
 Time: 5:00 – 9:00 pm
 Code: SHOP12
 Min./Max.#: 5/12
 Fee: \$15 • Staff/Aide \$15
Each participant will need to bring money for dinner and shopping!
 Registration Deadline: Friday, November 2
 Contact Person: Teresa (513)352-4962



Cinderella at the Covedale Theater

The timeless enchantment of this magical fairy tale is all dressed up on the Covedale stage as a Christmas fantasia, complete with the Prince's Christmas Ball, Cinderella's crystalline castle and a holiday romance that begins with a sparkling slipper! This is the famous Rodgers & Hammerstein version, originally presented on television in 1957 starring Julie Andrews. Our special Christmas edition will transport a new generation to the miraculous kingdom of dreams-come-true. The hearts of children and adults alike will soar when the slipper fits. Songs include: The Prince Is Giving A Ball, In My Own Little Corner, Do I Love You Because You're Beautiful?, Impossible and many more.



Music by Rodgers, Richard; Book and Lyrics by Oscar Hammerstein II

Ages: 18 – 29
 Date: Thursday, December 13
 Program Location: Covedale Theater
 Drop-Off/Pick-Up Location: LeBlond Center
 Time: 6:45 – 10:45 pm
 Code: CIN12
 Min./Max.#: 5/12
 Fee: \$40 • Staff/Aide \$40
Don't forget to bring money for drinks and snacks during the intermission!
Registration Deadline: Friday, November 9
 Contact Person: Teresa (513)352-4962

Cincinnati Cyclones Game

Let's watch the Cincinnati Cyclones live, in action! We will have a great time watching the game, enjoying snacks from the concession stand, and checking out the souvenirs. Appropriate social etiquette and money management skills will be encouraged.

Ages: 18 – 29
 Date: Wednesday, January 9
 Program Location: US Bank Arena
 Drop-Off/Pick-Up Location: LeBlond Center
 Time: 6:30 – 10:30 pm
 Code: CYC13
 Min./Max.#: 5/15
 Fee: \$25 • Staff/Aide \$25
Don't forget to bring money for snacks and souvenirs!
 Registration Deadline: Friday, December 28
 Contact Person: Teresa (513)352-4962



Dinner and a Movie

Enjoy a relaxing night watching a movie and having a delicious dinner with new friends. This outing will give you the opportunity to polish up your skills on proper eating etiquette and appropriate social behavior in a community setting.



Ages:	18 – 29
Date:	Friday, February 8
Program Location:	Newport on the Levee
Drop-Off/Pick-Up Location:	LeBlond Center
Time:	5:00 – 11:30 pm
Code:	DM13
Min./Max.#:	5/10
Fee:	\$40 • Staff/Aide \$40 Don't forget to bring money for snacks at the movie!
Registration Deadline:	Friday, January 25
Contact Person:	Teresa (513)352-4962

Ringling Bros. and Barnum & Bailey Circus

All aboard the amazing circus train! Year after year the Ringling Bros. and Barnum & Bailey Circus has dazzled children and adults alike. "The Greatest Show on Earth" has everything from high-wire artists performing over 40 feet in the air to death-defying motorcyclists rip-roaring around at speeds up to 65 mph while in a 16-foot steel sphere known as the Spherical Miracle!

Ages:	18 – 29
Date:	Wednesday, March 13
Program Location:	US Bank Arena
Drop-Off/Pick-Up Location:	LeBlond Center
Time:	6:00 – 9:30 pm
Code:	CIR13
Min./Max.#:	5/12
Fee:	\$20 • Staff/Aide \$20 Don't forget to bring money for snacks and souvenirs!
Registration Deadline:	Friday, February 1
Contact Person:	Teresa (513)352-4962



Visit the TR website at www.cincyrec.org/TR

Outings for Adults (ages 30 & Up)

Ohio Renaissance Festival

Join us for a day of 16th Century Fun! Hundreds of costumed performers entertain in nearly 100 shows daily on 11 stages. See knights charge into battle on 2,000 lb warhorses fighting for the Queen's honor with sword and lance. See swordsmen duel, feats of death defying balance acts, juggling, magic, and more! Enjoy walking through the Medieval Marketplace where over 130 master artisans demonstrate the lost art of their crafts—including glassblowers, blacksmiths, candle makers, weavers and more! The goal of this outing will be to develop appropriate social skills and to participate in a new leisure activity.

Ages: 30 & Older
Date: Sunday, October 7
Program Location: Harveysburg, OH
Drop-Off/Pick-Up Location: LeBlond Center
Time: 10:00 am – 6:00 pm
Code: RF12
Min./Max.#: 5/10 (including participants and staff/aides)
Fee: \$35 • Staff/Aide \$35
Don't forget to bring money for food and souvenirs!
Registration Deadline: Friday, September 21
Contact Person: Teresa (513)352-4962



Let's Go Shopping!

Come join us to get a jumpstart on your Holiday Shopping! We will be going to the Tri-County Mall. The goal of this program is to increase appropriate social skills and develop money management skills.



Ages: 30 & Older
Date: Wednesday, November 7
Program Location: Tri-County Mall
Drop-Off/Pick-Up Location: LeBlond Center
Time: 5:00 – 9:00 pm
Code: SHOPA12
Min./Max.#: 5/12
Fee: \$15 • Staff/Aide \$15
Don't forget to bring money for dinner and shopping!
Registration Deadline: Friday, November 2
Contact Person: Teresa (513)352-4962

Festival of Lights

Get in the Holiday Spirit and join us on a trip to the Cincinnati Zoo for the PNC Festival of Lights—the region's largest and most anticipated holiday event!

Ages: 30 & Older
Date: Monday, December 10
Program Location: Cincinnati Zoo
Drop-Off/Pick-Up Location: LeBlond Center
Time: 5:00 – 9:30 pm
Code: FOL12
Min./Max.#: 5/12
Fee: \$25 • Staff/Aide \$25
Don't forget to bring money for dinner/snacks!
Registration Deadline: Friday, November 30
Contact Person: Teresa (513)352-4962



Dinner and a Movie

Enjoy a relaxing night watching a movie and having a delicious dinner with new friends. This outing will give you the opportunity to polish up your skills on proper eating etiquette and appropriate social behavior in a community setting.

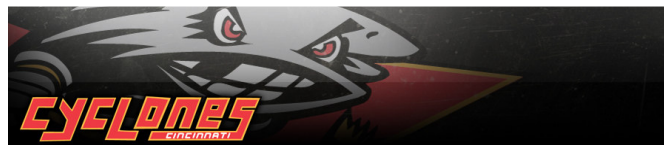


Ages:	30 & Older
Date:	Friday, January 25
Program Location:	Newport on the Levee
Drop-Off/Pick-Up Location:	LeBlond Center
Time:	5:00 – 11:30 pm
Code:	DMA13
Min./Max.#:	5/10
Fee:	\$40 • Staff/Aide \$40
	Don't forget to bring money for snacks at the movie!
Registration Deadline:	Friday, January 11
Contact Person:	Teresa (513)352-4962

Cincinnati Cyclones Game

Let's watch the Cincinnati Cyclones live, in action! We will have a great time watching the game, enjoying snacks from the concession stand, and checking out the souvenirs. Appropriate social etiquette and money management skills will be encouraged.

Ages:	30 & Older
Date:	Wednesday, February 27
Program Location:	US Bank Arena
Drop-Off/Pick-Up Location:	LeBlond Center
Time:	6:30 – 10:30 pm
Code:	CYCA13
Min./Max.#:	5/15
Fee:	\$25 • Staff/Aide \$25
	Don't forget to bring money for snacks and souvenirs!
Registration Deadline:	Friday, February 8
Contact Person:	Teresa (513)352-4962



Ringling Bros. and Barnum & Bailey Circus

All aboard the amazing circus train! Year after year the Ringling Bros. and Barnum & Bailey Circus has dazzled children and adults alike. "The Greatest Show on Earth" has everything from high-wire artists performing over 40 feet in the air to death-defying motorcyclists rip-roaring around at speeds up to 65 mph while in a 16-foot steel sphere known as the Spherical Miracle!



Ages:	30 & Older
Date:	Thursday, March 14
Program Location:	US Bank Arena
Drop-Off/Pick-Up Location:	LeBlond Center
Time:	6:00 – 9:30 pm
Code:	CIRA13
Min./Max.#:	5/12
Fee:	\$20 • Staff/Aide \$20
	Don't forget to bring money for snacks and souvenirs!
Registration Deadline:	Friday, February 1
Contact Person:	Teresa (513)352-4962



Therapeutic Recreation
805 Central Avenue, Suite 800
Cincinnati, OH 45202
Phone 513.352.4028 / Fax 513.352.4637
www.cincyrec.org/TR

Program Registration Form

Would you like to continue to receive program guides or e-mails?

Program Guides _____ E-Mails _____

Please complete the front and back of this form by providing us with the information that has been requested. For legibility purposes, please print all information that you provide. Return this form with a check or money order made payable to **Cincinnati Recreation Commission**. If paying by credit card (MasterCard/Visa), please call our office with your card information. Registration Forms and payment may be mailed or delivered to The Cincinnati Recreation Commission (address above). For additional information, please call us at (513)352-4028. Need additional registration forms? Please visit our website at www.cincyrec.org/TR!

Participant Information

First Name	Last Name	Date of Birth	Age	Gender	T-Shirt Size (Child/Adult)
Street Address		City	State		Zip Code
Home Phone	Alternate Phone(s) - other than home			E-Mail Address	
Parent/Guardian Name		Relationship		Phone Number(s)	
Parent/Guardian Name		Relationship		Phone Number(s)	
Emergency Contact Name (other than parent)		Relationship		Phone Number(s)	
Group Home / Agency		Contact Name		Phone Number(s)	

Disabling Condition

Please identify the participant's disabling condition. Circle all that applies to the participant and/or write in any disabling condition not listed.

Amputation	Cerebral Palsy	Mental Illness	Spinal Cord Injury -
Arthritis	Childhood Disintegrative Disorder	Mental Retardation: Mild – Moderate – Severe	Injury Level: _____
Asperger Syndrome	Down Syndrome	Muscular Dystrophy	Vision Impairment -
Attention Deficit Disorder	Head Injury	Multiple Sclerosis	Blind – Low Vision - Other
Autism	Hearing Impairment / Deaf	Rett's Syndrome	Other: _____
Behavioral Disorder	Learning Disability – Type _____	Spina Bifida	_____

Does the participant walk independently? ☐ Yes ☐ No

If not, what type of assistance is required? ☐ Wheelchair ☐ Walker ☐ Other (please specify) _____

Does the participant eat independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant dress independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant use the bathroom/toilet independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant communicate through speech? ☐ Yes ☐ No Use Boardmaker? ☐ Yes ☐ No

If not, what type of communication is used? _____

Additional information that would assist in programming for the participant: _____

Medical Information

Please circle all that apply to the participant:

Allergies (specify below)	Catheter	Hearing Aid	Scoliosis
Arthritis	Diabetes	Heart Condition	Shunt
Asthma	Diet Restriction	Hemophilia	Tracheotomy
Atlantoaxial Subluxation	Ear Tubes	High Blood Pressure	Other: _____
Braces (Orthopedic)	Glasses	Prosthesis	_____

Please provide specific information for medical conditions we should be aware of (allergies, activity restrictions, etc.):

Does the participant have seizures: ☐ Yes ☐ No

If yes, what type? ☐ Grand Mal ☐ Petit Mal ☐ Other _____

If yes, how often does the participant have seizures? _____ Date of last seizure: _____

Please identify the name, dosage and time of any medication the participant is currently taking:

<i>Medication</i>	Name _____	Dosage _____	Time _____
	Name _____	Dosage _____	Time _____
	Name _____	Dosage _____	Time _____

Program Information

Please provide us with the participant's program choices below.

Program Code	Program Name / Location / Preferred Swim Time	Fee
		\$
		\$
		\$
		\$
		\$
Please remember to register staff/aides for each program, if applicable! Interested in making a donation? Please call us at (513)352-4028!		
Method of Payment: Cash _____ Check _____ Money Order _____ Credit Card _____ call us with card info		Amount Enclosed \$

Are you a new participant? ☐ Yes ☐ No If yes, how did you hear about us? _____

What type of transportation does the participant have?

☐ Self ☐ Parent/Guardian ☐ Metro ☐ Group Home Staff ☐ Access - I.D.# _____

Participant / Parent / Guardian Release

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have, as a result of my or my son's/daughter's participation in the program, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my son's/daughter's participation in the program. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or my son/daughter or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form. **Before registration in this program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.**

Signature of Participant / Parent / Guardian _____ Date _____

Multi-Media Release

I, the undersigned, hereby authorize the Cincinnati Recreation Commission to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of the Cincinnati Recreation Commission and its programs.

Signature of Participant / Parent / Guardian _____ Date _____

GUIDELINES

For Participants, Parents and Guardians

Prior to participating in any TR program, each participant must submit a current Program Registration Form, complete with participant/parent/guardian signature, to the Therapeutic Recreation Office. Please include all information requested to help the TR staff take appropriate precautions when planning programs. It is essential that we have a phone number where the parent/guardian can be reached during the program hours.

The TR staff members are not responsible for the supervision of participants before or after the designated program times. The TR staff members are not responsible for providing transportation from the program site to the participant's home at the conclusion of the program. Participants using ACCESS transportation must schedule drop-off/pick-up times within the designated program times.

If someone other than the parent/guardian will be picking up a participant at the conclusion of the program, advance written notification must be given to the program director. A late pick-up fee of \$5 for each quarter hour will be assessed to any parent/guardian late in picking up the participant at the conclusion of the program.

Guidelines for Managing Behavior

The TR staff members are instructed to use positive reinforcement and to provide a structural program in order to minimize negative behaviors. If negative behavior should occur, a brief time-out is the approved method of behavior management. If a behavior plan has been developed, or if you have specific techniques used at home, please inform the TR staff so we may support your efforts. If, in the opinion of the TR staff, a participant becomes unmanageable and potentially dangerous to themselves or others, the parent/guardian will be contacted to take the participant home. If a participant leaves the program site during program hours and the TR staff are unable to return the participant without risk of injury, the parent/guardian will be contacted to take the participant home. If the parent/guardian is unable to be reached or does not respond quickly, the TR staff may be required to call for police assistance. Staff members who are trained/certified in Non-Violent Crisis Intervention (CPI) will intervene in the management of aggressive behavior with participants enrolled in our programs. A participant who becomes physically aggressive with others in the program setting may be subject to specific "holds" designed to physically control aggressive individuals. These holds are non-aversive and are only used as a last resort (if the participant has become a danger towards themselves or others).

Participants with Specific Health/Medical Issues

Due to the physical requirements of some activities, participants with certain health or medical conditions may be asked to provide a physician's written consent prior to participation. For participants requiring medication during program hours, a medication waiver form must be completed and submitted prior to the TR staff assisting with the administration of medication.

Guidelines for Residential Agencies

If a group of four or more participants from a specific agency attend a TR Program, we request that a staff member from the agency attends the program and assists the TR staff in leading the activities. In the event your agency will not be attending a program for which you have registered, please notify the TR Office in advance. If the decision not to attend is made late, please attempt to notify the program director. Agency staff attending events or outings must provide the necessary payment for meals and/or admission fees (see Registration for All Therapeutic Recreation Programs.)

REGISTRATION

For all Therapeutic Recreation Programs

Complete the Program Registration Form (insert). List the program code, name, location and fee for each program registering for.

Mail the completed form with a check or money order to the Cincinnati Recreation Commission, Division of Therapeutic Recreation, 805 Central Ave., Ste. 800, Cincinnati, OH, 45202. Make the check or money order payable to the Cincinnati Recreation Commission. There is a \$15 fee for any dishonored check submitted. Please do not send cash through the mail. We now accept credit card payments (MasterCard/Visa) for program registration. Please complete and submit a program registration form, and then call our office with the credit card information.

The CRC Division of Therapeutic Recreation is happy to announce that we have become a State of Ohio Waiver Provider for Level 1 and I/O waivers! Prior to approval to use a waiver as payment for TR programs, a deposit must first be made for the program of choice. At this time, Waivers may be used to pay for our Adapted Aquatics and TR Sharks Swim Team Programs, our TR Summer Day Camps, and our Teen E.N.E.R.G.Y. Club and Summer Day Camp.

The Division of Therapeutic Recreation would also like to announce the creation of a scholarship fund to assist participants who may need financial assistance with program registration fees for our programs (with the exception of our TR, E.N.E.R.G.Y., and Inclusion Day Camp Programs). Please request a scholarship application form by calling our office at (513)352-4028. **If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945.**

Program registration will not be accepted without a program registration form and payment. The program registration form must be received in our office before the participant may attend the program. The Participant/Parent/Guardian release must be signed prior to participation. Please continue to call us for information about programs or if you need help with registration.

We do send confirmation of registration. If the program has reached capacity or your registration is unable to be accepted for another reason, you will be notified and payment refunded. Please note the registration deadlines for each program! Registrations may not be accepted after the deadline.

Refunds of program fees are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason, or, in the opinion of the TR staff, the placement is inappropriate.

Certain programs such as dances and outings that require purchases of meals and/or admission tickets in advance may be refunded up until the published registration deadline for the program. If an individual on a waiting list for a program can be substituted for an individual requesting a refund, we will attempt to satisfy all parties' requests.

There will be no refunds for weather related cancellations for therapeutic recreation programs that meet on an ongoing basis or have multiple sessions. Other types of refunds for cancellations will be evaluated as they occur.

During inclement weather, please listen to our Local Channel 12 to find out about program cancellations.

Cincinnati Recreation Commission

Facility Directory

CRC Recreation Centers

Bond Hill	1501 Elizabeth Pl. (37)	242-9565
Bush	2640 Kemper Ln. (06)	281-1286
Clifton	320 McAlpin Ave. (20)	961-5681
College Hill	5545 Belmont Ave. (24)	591-3555
Corryville	2823 Eden Ave. (19)	221-0888
Dunham Complex	4356 Dunham Ln. (38)	251-5862
Evanston	3204 Woodburn Ave. (07)	861-9417
Hartwell	8275 Vine St. (16)	821-5194
Hirsch	3630 Reading Rd. (29)	751-3393
LeBlond	2335 Riverside Dr. (02)	352-4013
Lincoln	1027 Linn St. (03)	721-6514
Madisonville	5320 Stewart Rd. (27)	271-4190
McKie	1655 Chase Ave. (23)	681-8247
Millvale	3303 Beekman St. (25)	352-4351
Mt. Auburn	270 Southern Ave. (19)	381-1760
Mt. Washington	1715 Beacon St. (30)	232-4762
North Avondale	617 Clinton Springs (29)	961-1584
Oakley	3882 Paxton Ave. (09)	321-9320
Over the Rhine	1715 Republic St. (10)	381-1893
Pleasant Ridge	5915 Ridge Rd. (13)	731-7894
Price Hill	959 Hawthorne Ave. (05)	251-4123
Sayler Park	6720 Home City Ave. (23)	941-0102
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109
Winton Hills	5170 Winneste Ave. (32)	641-0422

Additional TR Program Locations

Brentwood Bowl	9176 Winton Rd. (31)	522-2320
Cincinnati Zoo	3400 Vine St. (20)	281-4700
Covedale Theater	4990 Glenway Ave. (38)	241-6550
Kolping Center	10235 Mill Rd. (31)	851-7951
Lunken Playfield	4750 Playfield Ln. (26)	321-1772
Music Hall	1241 Elm St. (02)	241-7469
Newport on the Levee	1 Levee Way Newport, KY (41071)	859-291-0550
Sawyer Point Park	815 E. Pete Rose Way (02)	352-6180
Scallywag Tag East	491 Ohio Pike (55)	528-3696
Tri-County Mall	11700 Princeton Pike (46)	671-0120
University of Cincinnati	2820 Bearcat Way (21)	556-0604
Keating Aquatic Center		
US Bank Arena	100 Broadway St. (02)	421-4111
Winton Woods	10299 McKelvey Dr. (31)	521-2345
Adventure Outpost		

Golf Courses

Avon Fields	4081 Reading Rd. (29)	281-0322
California	5920 Kellogg Ave. (28)	231-6513
Glenview	10965 Springfield Pike (46)	771-1747
Neumann	7215 Bridgetown Rd. (48)	574-1320
Reeves	4757 Playfield Ln. (26)	321-2740
Woodland	5820 Muddy Creek Rd. (33)	451-4408

Pools • Indoor & Deep Water

Mt. Auburn Pool	270 Southern Ave. (19)	381-6780
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www.cincyrec.org

CRC INFOLine (513)352-4000 ♦ TR Main Office (513)352-4028

Most Zip Codes are Prefix 452

Most Phone Numbers are Area Code 513

Cincinnati Recreation Commission

Dawn Denno, President
 Kazava Smith, Vice President
 Otto M. Budig, Jr., Member
 Stephen MacConnell, Member
 Chris Nelms, Member
 Hunter Phifer, Youth Commissioner
 Christopher A. Bigham, Director
 Stephen J. Pacella, PGA, Superintendent
 Michael A. Thomas, Superintendent